

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour
1 1/2 cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar

1 cup cooked oatmeal or rolled oats
2 tablespoons shortening
1 1/2 cups milk
No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN THE WAR

Interesting Letter From JESS FISH

March 10, 1918.
9th Co. 3rd Bn.
159 Depot Brigade.
Camp Taylor, Ky.

Dear Dad:—

I know you are interested in the "Y" so I'll try my best to tell you something about it. You know what home means to you, the "Y" means the same to us boys only I sometimes think it means more.

Its our church, library, show post office, information bureau, reception hall, and is the best place in the whole camp to write letters.

This is not all either, there is always a kind word here for every one. We hear the best of singing both religious and popular.

I go almost every night when I don't go to school. I see Edd Gentry every day or two. He seems well pleased with the way we are all satisfied. Those of us who are most discontented are the fellows who haven't been out much. I'm always asking who wants to go to the "Y" with me. Generally some of the fellows go. We have a dandy bunch of fellows in our squad room. They take things pretty well. Some of us have been on duty every night and day since we have been here. Some have been K. P.s (kitchen police) some room orderlies, some on carpenter work, while other do nothing much but drill.

The squad I'm in is composed of "big huskies" Raleigh French, Lee Roy Hamilton, John Berry, Bill Warren, Oscar Hibbard, Sherman Owens and a fellow by the name of Bosner from Jefferson county and myself. These other six fellows are from Rockcastle county. Our company is

made up of the counties of Jefferson, Rockcastle, and Boone. We stood inspection yesterday and passed the best inspection of any of the companies in the 3rd Bn. both in squad rooms and drills. Our commanding officer certainly did give us a boost. He is one of the finest fellows down here, altho there are some other good fellows. Lieut. Weeks (the man that trains us) has seen service in the English army. He is a fine fellow too. When we do well he praises us, when we don't, well, he doesn't. Some of the boys are looking forward to good positions and I believe they will make good. Now about our cats that what we like to talk about because we are always hungry. That big cup of coffee, steak, ham, sausage, peas, beans, pine apples, prunes and olives all the onions and pickles (which I have learned to eat) cornbread and lightbread are certainly things that make a fellow feel like a Samson. Our mess kit consists of a pan with a folding handle for meat and vegetables, a cover which we use for desert, a short knife and fork and a short handled big spoon. This kit folds up and makes a nice little kit. Our bunks (or beds) are 30 inches wide 7 feet long made of iron with springs. We put a bed sack on that and a good wool blanket next, then we have two blankets and a big comfort to go on top which makes the finest bed you ever saw. Now I guess you want to know about me. I'm alright just as happy as if I had good sense. You don't have time to get lonesome and there is no need for it any way. My inoculation hurt just a little. We didn't have to drill for thirty six hours so we could rest and we did not notice the effect so much. My vaccination has begun to take. Can't say what it will do. Two

or three of the boys are feeling "Mandy" and Beck. Here is hoping you are all enjoying the best of health.

Your son,
JESSIE T. FISH.

UNITED STATES BOYS' WORKING RESERVE

Boys between the ages of sixteen and twenty-one, who believe that every individual in the country, including himself, is obligated to do his part toward drubbing the Kaiser, can place themselves where the Government most needs their services by joining at once the United States Boys' Working Reserve. The County

Committee of the Boys' Working Reserve for this locality, is prepared to give boys and parents information concerning any feature of the plan that is clouded in their minds. The big feature that needs no further explanation than a bald statement is that the country needs the boy, and needs him badly, during the coming Summer.

The enrollment card of the Reserve, is nearly self-explanatory of the manner in which the Reserve operates. It was stated, at the outset, that though this army of farm labor constitutes a second line of defense for the country; and an indispensable one, there is no military feature nor any compulsion in the process.

The enrollment card calls for the expression of willingness on the part of the boy to help the country in the present emergency. It calls also for the consent of his parent to his entering the Reserve. It solicits information as to the kind of work that he believes he can do to the advantage, as to the period of time for which he will agree to work and information concerning his experience, if any, in farm work.

It is explained that the boy is not obligated by his enrollment, to go to this locality or to that, when he is asked to go if the locality assigned is not satisfactory to him. The effort will be made, in placing boys, to send each boy to the locality where he desires to serve. Should the first assignment prove unsatisfactory the boy is at liberty to so indicate, and to state his preference as to localities.

As to the degree of compulsion involved in signing the card, it is made plain that the boy who has signed the enrollment card, may at a later date decline work and be released from his pledge, on the written request of his parent or guardian, but only on such written request.

Merchandise of Quality

POPULAR PRICES

TODAY—the call on everyone to practice economy is greater than ever before. The basis principle of this great demand is for everyone to economize and thereby do his "bit" toward winning the great World War.

Men who have money have not made it in a hurry, but most of them have made it by practicing economy and getting on the ground floor with their buying.

Whenever you see one of my customers you will see a satisfied customer and one who has practiced economy.

Watch my prices, they will show you how you can practice economy.

W. F. BAKER, MT. VERNON KENTUCKY

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COME IN AND SEE US

The following is the list of those who will assist Chairman J. L. Pilkenton in the enrollment of the United States Boys Working Reserve: Prof. O. H. Lyon, Prof. L. J. Webb, Mrs. Alice Davis, John Seegins, Miss Delora Boyd, Miss Edith Phillips, Miss Viola DeBoard, R. T. Abney, Miss Martha Jones, Mrs. Elizabeth Brown, Miss Lela Norton, Miss Fannie Wynn, Miss Lena McCall, Cecil Hays, D. C. Bullock, John Scott, Arch Chasteen, Theo. Pigg, W. I. Dooley, Hiatt Mink, E. B. Herron.

To Locate It. All farmers who have seed corn to sell are asked to send their name, address and number of bushels to County Agent. By doing this hundreds of farmers who have no seed corn can get it by seeing County Agent and find out who has it and where to find it.

**Children Cry
FOR FLETCHER'S
CASTORIA**

Danger! Danger!

Seed corn scarce. Something must be done. The farmers who have corn should have it tested before planting or selling it for seed. It doesn't make any difference if the corn does look good it should be tested, and now is the time so as to have plenty of time to make other tests or buy.

There has been four tests made from corn on stalk, shock, shucked and from the crib not shucked, the following result was obtained:

Test	Ears	Good	Per Cent
1st test	43 ears	15 good	30
2nd test	20 ears	2 good	10
3rd test	36 ears	2 good	5
4th test	57 ears	11 good	20

This looks serious. We should devote the entire month to testing and helping others testing corn.

SEED CORN TESTED.
Mt. Vernon High School Students directed by Prof. Lyon will test Seed Corn for all the farmers in Rockcastle county, who will take their corn to the school. These tests will be free to the farmers.

Berea College Vocational Department will test all Seed Corn brought in by the farmers. This work will be supervised by Prof. Wm. Baird. These tests will be free also. The farmers should see Prof. Lyon and Prof. Baird at once and make arrangements for the testing.

HELP WANTED NOW.
We all can't go to war but we can do something in this Seed Corn Testing Campaign. All who can test Seed Corn should do it now. Urge Farmers to test their corn—help test corn. Go out and get it and test it for the sake of our country. We need all the seed corn we can find everywhere. Ministers, lawyers, doctors, merchants, and school teachers are urged to join in and help find seed corn for our country by testing it. Enlist Now—Today. It will be too late April or May.

THE CRY OF OUR COUNTRY.
"Seed Corn Wanted. Help Us



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you do not know what an easy matter it is, and how inexpensive. No matter how worn and scarred your floors may be, Lustrifinish covers up all the defects and gives a floor the bright, lustrous finish of hard wood. Also the perfect finish for woodwork, furniture, and every interior wood surface.

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J. B. NOE

"W.S.S."

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